## MENSTRUATION BRACELET TEMPLATE

Select a size that fits your wrist. Color 5 beads (in a row) red. Cut out the bracelet with a scissor and connect the ends with adhesive tape or glue. Put it on, take a picture and post it with a message on your social channels on Menstrual Hygiene Day 28 May! Use \#|tsTimeForAction and \#MHDay2020 Please tag @menstrualhygieneday (Facebook + Instagram) and @mhday28may (Twitter)

## MORE IDEAS:

The Menstruation Bracelet made from beads


Made from fabric


Or simply paint the bracelet on your wrist!
For this example we used toothpaste and red lipstick


The simplest solution if you need bracelets in large numbers: use a piece of red or pink string $>$
(They won't have 28 beads obviously, but tit's okay)


